

TIPS FOR THE ELDERLY OR DISABLED

Before the disaster

- ☐ Tell your neighbors now if you may not move well or quickly in an emergency. Have a whistle or siren available to summon help in an emergency.
- ☐ Know where the safe places are in each room of your home, such as under a sturdy desk or table, in a doorway, or in the corner of an inside wall.
- ☐ Plan how you will get out of each room if the doorway is blocked. Arrange your furniture to allow a clear pathway.
- ☐ If you are vision-impaired, keep an extra cane as your guide dog may be injured or too frightened to help you. Don't forget to store extra food and supplies for your dog.
- ☐ Keep your wheelchair, walker, cane and crutches near you and if possible, store extras in various locations. Family members should know where these items are stored.
- ☐ If you use any life support equipment, make sure it is fastened securely to prevent it from falling over. If the equipment runs on electricity, you may consider purchasing a portable generator.
- ☐ If you use any battery-operated equipment, have extra batteries. Also, store extra hearing aid batteries.
- ☐ Put security lights in various rooms in your home. These lights plug into the electrical wall outlets and light up automatically if there is a power failure. They can provide light for 4-6 hours.
- ☐ If you are hearing-impaired, install a fire and smoke alarm designed for the hearing impaired. A portable battery-operated TV will allow access to instructions during an emergency. Have paper and pencils available to communicate with others.
- ☐ Purchase a whistle to alert others in case you need assistance.

During the disaster

Move to one of the areas of safety mentioned previously.

Stay away from tall, unsecured furniture, glass doors and windows, fireplaces and hanging objects.

If you are in a wheelchair, stay in it. Move to a doorway, or other area of safety. Lock the wheels and cover your head with your arms to protect yourself from falling debris.

After the disaster

Remain calm.

If you are trapped inside, make as much noise as possible to attract attention to yourself. Use your whistle to alert others.

If you have a guide or hearing dog, keep the dog confined or securely harnessed as it may become frightened and could run away.

